

**Statistics Report 01036, Cheese, ricotta, whole milk**

**Report Date: June 22, 2017 11:02 EDT**

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<b>Proximates</b>													
Water	g	71.70	--	1.224	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Energy	kcal	174	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Energy	kJ	728	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Protein	g	11.26	--	0.630	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Total lipid (fat)	g	12.98	--	0.761	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Ash	g	1.02	--	0.124	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Carbohydrate, by difference	g	3.04	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Sugars, total	g	0.27	--	--	--	--	--	--	--	--	Calculated or imputed	01009	12/2002
<b>Minerals</b>													
Calcium, Ca	mg	207	--	37.765	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

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Iron, Fe	mg	0.38	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Magnesium, Mg	mg	11	--	0.901	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Phosphorus, P	mg	158	--	27.395	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Potassium, K	mg	105	--	12.944	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Sodium, Na	mg	84	--	29.332	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Zinc, Zn	mg	1.16	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Copper, Cu	mg	0.021	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Manganese, Mn	mg	0.006	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Selenium, Se	µg	14.5	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

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Thiamin	mg	0.013	--	0.002	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Riboflavin	mg	0.195	--	0.017	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Niacin	mg	0.104	--	0.020	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Pantothenic acid	mg	0.213	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Vitamin B-6	mg	0.043	--	0.019	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Folate, total	µg	12	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	12	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Folate, DFE	µg	12	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Choline, total	mg	17.5	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Vitamin B-12	µg	0.34	--	0.061	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	120	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Retinol	µg	117	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Carotene, beta	µg	33	--	--	--	--	--	--	--	--	Calculated or imputed	01009	12/2002

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Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002
Vitamin A, IU	IU	445	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002
Vitamin E (alpha-tocopherol)	mg	0.11	--	--	--	--	--	--	--	--	Calculated or imputed	01009	12/2002
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.2	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Vitamin D3 (cholecalciferol)	µg	0.2	--	--	--	--	--	--	--	--	Calculated or imputed	01211	02/2009
Vitamin D	IU	10	--	--	--	--	--	--	--	--	Calculated or imputed	01211	02/2009
Vitamin K (phylloquinone)	µg	1.1	--	--	--	--	--	--	--	--	Calculated or imputed	01009	12/2002
Lipids													
Fatty acids, total saturated	g	8.295	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
4:0	g	0.574	--	0.200	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
6:0	g	0.093	--	0.008	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
8:0	g	0.119	--	0.008	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
10:0	g	0.229	--	0.020	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
12:0	g	0.158	--	0.020	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
14:0	g	1.364	--	0.090	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
16:0	g	4.057	--	0.274	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:0	g	1.281	--	0.104	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Fatty acids, total monounsaturated	g	3.627	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
16:1 undifferentiated	g	0.532	--	0.077	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:1 undifferentiated	g	2.872	--	0.225	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total polyunsaturated	g	0.385	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:2 undifferentiated	g	0.273	--	0.038	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:3 undifferentiated	g	0.112	--	0.022	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Cholesterol	mg	51	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Amino Acids

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tryptophan	g	0.125	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Threonine	g	0.517	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Isoleucine	g	0.589	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Leucine	g	1.221	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Lysine	g	1.338	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Methionine	g	0.281	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Cystine	g	0.099	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Phenylalanine	g	0.556	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Tyrosine	g	0.589	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Valine	g	0.692	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

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Arginine	g	0.632	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Histidine	g	0.459	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Alanine	g	0.499	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Aspartic acid	g	0.995	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Glutamic acid	g	2.446	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Glycine	g	0.295	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Proline	g	1.066	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Serine	g	0.575	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002